



2016 Webinar Schedule

Sponsored by **UnitedHealthcare**

Contact your Departmental Wellness Manager for details on how to participate

January 13	Ready, Set, Go! Goals and Visions for a New Year	12:00pm – 12:45pm
January 27	Cervical Cancer: Taking Preventative Steps and Staying Informed	12:00pm – 12:45pm
February 10	Caring for the Caregiver	12:00pm – 12:45pm
February 17	Blood Pressure: Salt and the Sad Story About Sodium	12:00pm – 12:45pm
March 9	Building a Healthy Lunchbox	12:00pm – 12:45pm
April 13	Pain in the Neck (Back, Hip, Shoulder) – Ergonomics to the Rescue	12:00pm – 12:45pm
May 11	Women's Health: Maintaining Your Health at Any Age	12:00pm – 12:45pm
May 25	Sizzling Summer Recipes	12:00pm – 12:45pm
June 8	Men's Health: Stay Healthy at Any Age	12:00pm – 12:45pm
July 13	Pick Your Poison: Dehydration	12:00pm – 12:45pm
August 10	Steps to a Full Night's Sleep and Waking Up Refreshed	12:00pm – 12:45pm
August 24	Breastfeeding: Getting the Support You Need	12:00pm – 12:45pm
September 14	Eat This, Not That Supermarket Survival	12:00pm – 12:45pm
October 12	Breast Cancer Awareness	12:00pm – 12:45pm
October 19	Cook It Up Healthy	12:00pm – 12:45pm
November 9	Diabetes: Small Steps to Prevention and Management for You and Your Family	12:00pm – 12:45pm
December 7	Healthy Holidays	12:00pm – 12:45pm